



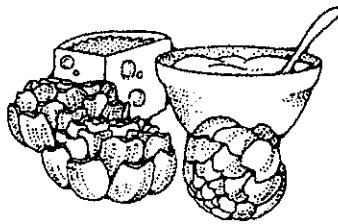
SUGGESTED FOODS FOR NUTRITIONAL BALANCE

PROTEINS

Brewer's yeast
Tofu
Almonds
Sunflower seeds
Whole Grains
Potatoes, yams
Soybeans
Walnuts
Legumes
Peanuts
Wheat germ
Yogurt

PHOSPHORUS

Fish
Egg yolks
Whole grains
Nuts, weeds, beans
Oranges, grapefruit
Apples, asparagus
Celery, lettuce, cauliflower
Corn, artichokes, broccoli
Avocados
Oatmeal
Millet
Wheat germ
Lentils
Pinto, kidney beans



IRON

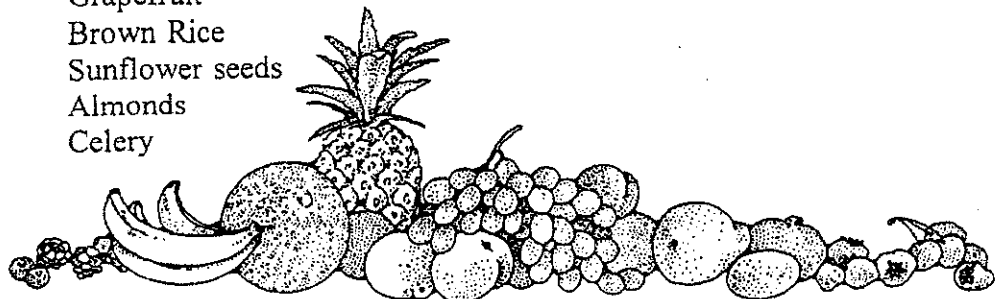
Apricots
Dates
Turnip greens
Wheat germ
Brewer's yeast
Molasses, blackstrap
Beet tops
Spinach
Peaches
Prunes
Raisins
Legumes
Nuts
Lentils
Whole grains
Cereals
Fruit
Vegetables (lettuce, tomatoes, celery, string beans, carrots and asparagus)

POTASSIUM

Potatoes
Green leafy vegetables
Whole grains
Nuts, fruits

MAGNESIUM

Figs
Lemons
Apples, peaches
Grapefruit
Brown Rice
Sunflower seeds
Almonds
Celery



CALCIUM

Sesame seeds
Lettuce
Endive
Cauliflower
Cabbage
Dandelion greens
Kale
Watercress
Brussel sprouts
Broccoli
Tomatoes
Oats
Navy Beans
Almonds, walnuts
Millet, brown rice
Wheat germ
Sunflower seeds
Buttermilk
Carrots
Parsley
Swiss Cheese

IODINE

Kelp
Pineapple
Pears
Citrus fruits

